

A Journey of Passion and Advocacy in Health Education

As an international student pursuing my master's in public health with a concentration in Health Behavior and Health Promotion at New Mexico State University, my journey has been defined by a strong commitment to health education, a dedication to mental health advocacy, and a desire to make a positive impact on the lives of others.

My educational and professional journey is driven by a profound passion for health education, which I have nurtured since my undergraduate studies. During my undergraduate years at the University of Cape Coast, I majored in Food and Nutrition with a vision of becoming a public health nutritionist. This foundation instilled in me the importance of nutrition in promoting overall health and well-being. Now, as I pursue my Master's degree in Public Health, my focus has shifted toward health behavior and promotion, particularly in the area of maternal and child health. I aspire to continue my studies beyond the master's level, to earn a Ph.D. in Public Health, specializing in behavioral interventions for maternal and child health. This field of study holds deep personal significance as it allows me to address critical health issues that impact vulnerable populations. To achieve this goal, I am diligently preparing for Ph.D. applications, refining my research skills, and establishing connections with mentors who share my research interests. Furthermore, I am actively seeking opportunities for internships and research assistantships to gain practical experience in this specialized field.

As an international student, I face unique financial challenges that hinder my pursuit of higher education and career goals. Despite my commitment to self-support through part-time work, the expenses associated with my education and daily life in the United States are substantial. This financial strain makes it challenging for me to invest in further education, gain experience

through unpaid internships, and fully engage in academic and extracurricular opportunities, thus highlighting the importance of financial assistance in achieving my goals.

My passion for health education and advocacy extends beyond academic settings. I am deeply committed to mental health advocacy and have obtained certification as a Mental Health First Aider. This certification equips me with the skills to provide immediate assistance to individuals experiencing mental health crises, aligning perfectly with my goal to promote mental well-being within communities. Currently, I serve as a graduate teaching assistant on my professor's Healthy Lifestyle project. This initiative focuses on promoting healthy behaviors among young ones through STEM-based after-school programs. In this role, I apply my academic knowledge in the practical context of community outreach and research. This hands-on experience allows me to contribute directly to the betterment of young lives by instilling healthy habits from a young age. Furthermore, my dedication to health education led me to volunteer as a high school teacher in my home country, Ghana, for a year. This experience provided me with an in-depth understanding of the challenges faced by young people in accessing quality education. It also ignited my commitment to promoting health education and well-being among adolescents, strengthening my resolve to make a positive impact on the lives of the younger generation.

I am determined to continue my educational pursuits, deepen my involvement in health promotion, and contribute meaningfully to the well-being of individuals and communities. Financial assistance is crucial to alleviate the financial constraints that hinder my progress, allowing me to concentrate on my educational and professional development and continue my mission of improving public health and mental well-being.

Thank you for considering my application and for the opportunity to share my passion and dedication to the field of health education.